



Tri-City Medical Center

Outpatient Behavioral Health Services

Dialectical Behavioral Therapy (DBT)

Background and Who Will Benefit: Dialectical Behavioral Therapy (DBT) is an evidence based method of treatment that was developed by Marsha Linehan, Ph.D. at the University of Washington in Seattle. This technique was originally designed to treat clients with Borderline Personality Disorder, and is now used to help clients with a wide variety of disorders, including mood disorders, other personality disorders, and substance abuse disorders.

Goals: The overall goal of DBT is to help clients improve quality of life. Specific goals of DBT by module include, but are not limited to, the following:

1. **Mindfulness:**
 - a. Having a sense of who you are, and a clear awareness of yourself and your environment;
 - b. Recognizing and effectively dealing with dysfunctional thoughts;
 - c. A sense of peace and control in your life.
2. **Emotion Regulation:**
 - a. Understanding your emotions and their dynamics;
 - b. Effectively managing the intensity of your emotions;
 - c. Recognizing and avoiding vulnerability to overwhelming emotions.
3. **Interpersonal Effectiveness:**
 - a. Understanding your needs and wants clearly;
 - b. Asserting yourself appropriately and effectively;
 - c. Developing and enhancing relationships.
4. **Distress Tolerance:**
 - a. Responding effectively when feeling overwhelmed and/or in crisis;
 - b. Avoiding self-harm and other dysfunctional behaviors;
 - c. Avoiding chaos within yourself and with others.

How it Works: Clients contract to make a commitment to attend group treatment two times a week, complete weekly skills practice assignments, and be actively involved in individual therapy outside of this Outpatient Program. Each module takes approximately 6-8 weeks to complete. Completion of all four modules may take up to six months. Although completion of all four modules is ideal, clients have benefited by completing even one module.

For information, please contact our Community Liaison at (760) 940-5051